



Cognitive Flexibility Inventory (CFI)

Instructions:

Please use the scale below to indicate the extent to which you agree or disagree with the following statements.

		Strongly disagree	Disagree	Somewhat disagree	Neutral	Somewhat agree	Agree	Strongly agree
1	I am good at “sizing up” situations	1	2	3	4	5	6	7
2	I have a hard time making decisions when faced with difficult situations	7	6	5	4	3	2	1
3	I consider multiple options before making a decision	1	2	3	4	5	6	7
4	When I encounter difficult situations, I feel like I am losing control	7	6	5	4	3	2	1
5	I like to look at difficult situations from many different angles	1	2	3	4	5	6	7
6	I seek additional information not immediately available before attributing causes to behaviour	1	2	3	4	5	6	7
7	When encountering difficult situations, I become so stressed that I can not think of a way to resolve the situation	7	6	5	4	3	2	1
8	I try to think about things from another person’s point of view	1	2	3	4	5	6	7
9	I find it troublesome that there are so many different ways to deal with difficult situations	7	6	5	4	3	2	1
10	I am good at putting myself in others’ shoes	1	2	3	4	5	6	7
11	When I encounter difficult situations, I just don’t know what to do	7	6	5	4	3	2	1
12	It is important to look at difficult situations from many angles	1	2	3	4	5	6	7
13	When in difficult situations, I consider multiple options before deciding how to behave	1	2	3	4	5	6	7
14	I often look at a situation from different view-points	1	2	3	4	5	6	7
15	I am capable of overcoming the difficulties in life that I face	1	2	3	4	5	6	7
16	I consider all the available facts and information when attributing causes to behaviour	1	2	3	4	5	6	7
17	I feel I have no power to change things in difficult situations	7	6	5	4	3	2	1



	Strongly disagree	Disagree	Somewhat disagree	Neutral	Somewhat agree	Agree	Strongly agree	
18	When I encounter difficult situations, I stop and try to think of several ways to resolve it	1	2	3	4	5	6	7
19	I can think of more than one way to resolve a difficult situation I'm confronted with	1	2	3	4	5	6	7
20	I consider multiple options before responding to difficult situations	1	2	3	4	5	6	7

Developer Reference:

Dennis, J. P., & Vander Wal, J. S. (2010). The cognitive flexibility inventory: Instrument development and estimates of reliability and validity. *Cognitive Therapy and Research*, 34(3), 241–253. <https://doi.org/10.1007/s10608-009-9276-4>

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